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## Time For Women To Go Nuts – The Latest Health Research

The latest scientific research continues to reinforce the health benefits for women of a daily handful of nuts and yet the vast majority are missing out on the benefits.

New market research shows just five per cent of Australian women eat the ideal 30g handful of nuts a day, with most eating nuts just once a month.<sup>1</sup> Here's the latest research from Nuts for Life Dietitian Lisa Yates on nuts and pregnancy, weight loss and heart health and why women should go nuts daily.

### Grab A Handful For Heart Week, May 4-10.

Just a 30g handful of nuts a day has been shown to reduce the risk of heart disease by 30-50 per cent.<sup>4-7</sup> Specifically three major cohort studies following more than 120,000 women have shown those who eat nuts up to five times a week have a lower risk of heart disease of up to 45 per cent compared to women who rarely eat nuts.<sup>4-7</sup>

New research continues to support these findings with a University of Munich study (March 2014) showing women over 50 who ate 43g, or a large handful, of walnuts a day reduced their indicators of heart disease within eight weeks.<sup>8</sup> Specifically they recorded significant reductions in non-HDL cholesterol and apolipoprotein-B (ApoB) - high levels of ApoB can lead to plaques that cause vascular disease.<sup>8</sup>

Heart disease is the number one killer of Australian women. Women are almost three times more likely to die of it than breast cancer.<sup>9</sup>

### Mums-to-be Go Nuts For Bubs

New US research published in the JAMA Pediatric journal (Feb 2014) continues to build on the evidence that mums-to-be who eat nuts during pregnancy could reduce their child's risk of having a nut allergy.<sup>10</sup>

The Growing Up Today Study 2 examines 10, 907 children born between 1990 and 1994 and tracks diagnosis of a food allergy, specifically nut allergy. It compares this with dietary records of their mothers, which were taken before, during and after pregnancy.<sup>10</sup>

Among mothers without a nut allergy, eating 28g of nuts more than five times a week during pregnancy reduced the risk of their child having a nut allergy by up to 69 per cent.

These women also reported the highest consumption of fruits and vegetables and tended to introduce nuts into their child's diet at a younger age. Researchers say the study supports the theory that early exposure to potential allergens increases tolerance and lowers risk of childhood food allergy.<sup>10</sup>

### Nuts Eaters Are Slimmer

Our latest research shows Australian women still cite the diet myth that eating nuts makes you fat as one of the key reasons for sidelining the healthy snack.<sup>1</sup> The reality is nuts eaters are slimmer.<sup>11</sup> Twenty years of scientific research supports the fact that nut eaters tend to have a lower BMI and are less likely to gain weight over time compared to people who avoid nuts.<sup>11,12</sup>

Specifically the Nurses Health Study and the Iowa Women's Health Study, which together followed more than 117,000 women, linked increased nut consumption with a lower BMI.<sup>6,12-14</sup>



## Cut Your Risk of Diabetes

The nutritional benefits of nuts are important for women wanting to reduce their risk of developing diabetes, manage diabetes or for those simply want to follow a low GI diet.<sup>15-22</sup>

A US analysis of the Nurses Health Study (following almost 84,000 women) found those eating a 30g handful of nuts five a week reduced their risk of developing type 2 diabetes by 25 per cent, compared to women who rarely eat nuts.<sup>15</sup> Other epidemiology studies have found similar results.<sup>16-18</sup>

Studies also have found that including a handful of nuts in a meal helps to lower the overall GI of the dish by reducing the blood glucose spike that follows eating.<sup>19-22</sup>

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Issued on behalf of Nuts For Life

Nuts for life is Australia's leading nutrition authority on tree nuts and health. The nutrition education initiative, funded by the Australian Tree Nut Industry and Horticulture Australia, aims to educate Australians about the nutrition and health benefits of regular tree nut consumption. Web - [www.nutsforlife.com.au](http://www.nutsforlife.com.au) Facebook - <https://www.facebook.com/Nuts4Life> Twitter - @NutsForLife

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